

**Ingredients:** Tri-Magnesium Dicitrate, Hydroxypropyl Methylcellulose (vegetarian capsule shell), Rice Bran Extract.

**3 capsules contain:** Tri-Magnesium Dicitrate – 2,200 mg, containing Magnesium 330 mg = 88\*. / \* = % of the Nutrient Reference Value (NRV) under the EU Regulation on the provision of food information to consumers.

**Information for diabetics:** 3 capsules contain 0.036 CE (carbohydrate exchange) units.

**Caution:** Do not exceed the recommended daily dose. Food supplements should not be viewed as a substitute for a balanced and varied diet and a healthy lifestyle. Keep the product out of sight and reach of children.



100% GMO FREE



GLUTEN-FREE



VEGAN

PREMIUM QUALITY



# MAGNESIUM CITRATE

*High-strength*

NATURA VITALIS®

Food supplement with the mineral substance magnesium. Magnesium contributes to normal protein synthesis, normal muscle function and normal psychological function, and to reducing tiredness and fatigue. Magnesium additionally contributes to the maintenance of normal bones and teeth.

**Recommended dose:** Take 3 capsules daily with plenty of water.

**Storage:** Store this product in a cool, dry place and away from direct sunlight.

**Best before end:** See date on base of container.

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Phone: 0800-1 01 70 44  
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**Contents: 180 capsules / 156 g**